

Market Box Items

This meal box contains seven (7) breakfasts and seven (7) lunches.

One breakfast: 1 grain, ½ cup fruit, 8 oz milk | **One lunch:** 1 grain, 2 oz. meat, 1 cup vegetable, ½ fruit, 8 oz milk

Actual items may vary. Items you will find in this box include:

Grains				
Food Item	Heating Instructions	Allergens	Refrigeration	Consume or Discard by
Brown Rice	<p>To bake rice:</p> <p>1. Cover with foil, and bake 350° F for 30-40 minutes, until all water has been absorbed.</p> <p>To cook on stove-top:</p> <p>1. Combine all ingredients on the stove top cover, bring to a boil then reduce heat and simmer. Rice will be tender (approximately 18-20 minutes) and liquid is absorbed. Do not overcook.</p> <p>2. Fluff rice with a fork before serving.</p>	N/A	No	Within 7 days of pick up
Whole Wheat Pasta	<p>To Cook Pasta on Stove:</p> <p>1. Bring water to a boil.</p> <p>2. Weigh out pasta and add to pot.</p> <p>3. Cook for 6-7 minutes, or until al dente. Drain.</p>	Wheat	No	Within 7 days of pick up
Cinnamon Chex® Cereal		N/A	No	By the package date
Frosted Mini Wheats® Cereal		Wheat	No	By the package date
Raisin Bran® Cereal		Wheat	No	By the package date
Proteins				
Food Item	Heating Instructions	Allergens	Refrigeration	Consume or Discard by
Diced Chicken	<p>Preheat to 375° F</p> <p>Toss chicken in salt, pepper and oil</p> <p>Bake chicken on a sheet tray for 10 minutes, or until internal temperature reads 165° F</p>	N/A	No	Within 7 days of pick up

Tofu	Preheat to 375° F Drain tofu and cut into cubes, place in a bowl. Add cornstarch and salt and toss to coat. Arrange tofu onto a baking sheet. Bake Tofu for 7.5 minutes and coat tofu with sauce of choice Continue baking tofu for an additional 7.5 minutes	Soy	No	Within 7 days of pick up
Shredded Cheese		N/A	No	By the package date
Cheese Sticks		Milk	No	By the package date
Vegetables				
Food Item	Heating Instructions	Allergens	Refrigeration	Consume or Discard by
Fresh Whole Cucumbers		N/A	Yes	Within 7 days of pick up
Fresh Whole Bell Peppers		N/A	Yes	Within 7 days of pick up
Fresh Whole Onions		N/A	Yes	Within 7 days of pick up
Fresh Baby Carrots		N/A	Yes	By the package date
Fresh Broccoli Florets		N/A	Yes	Within 7 days of pick up
Fresh Salad Mix		N/A	Yes	Within 7 days of pick up
Frozen Broccoli	1. Season with Salt, Pepper, Garlic, and Oil. 2. Roast in oven at 350° for 6 mins	N/A	Yes, Freezer	Within 7 days of pick up
Frozen Corn	1. Season with Salt, Pepper, Garlic, and Oil. 2. Roast in oven at 350° for 6 mins	N/A	Yes, Freezer	Within 7 days of pick up
Frozen Carrots	1. Season with Salt, Pepper, Garlic, and Oil. 2. Roast in oven at 350° for 6 mins	N/A	Yes, Freezer	Within 7 days of pick up
Frozen Green Beans	1. Season with Salt, Pepper, Garlic, and Oil. 2. Roast in oven at 350° for 6 mins	N/A	Yes, Freezer	Within 7 days of pick up
Chickpeas		N/A	Yes	Within 7 days of pick up
Kidney Beans		N/A	Yes	Within 7 days of pick up
Black Beans		N/A	Yes	Within 7 days of pick up
Fruit				
Food Item	Heating Instructions	Allergens	Refrigeration	Consume or Discard by
Fresh Whole Apples		N/A	Yes	Wash before consumption, Within 7 days of pick up
Fresh Whole Bananas		N/A	Yes	Within 7 days of pick up
Fresh Whole Oranges		N/A	Yes	Within 7 days of pick up
Fresh Apple Slices		N/A	Yes	By the package date

Pineapple Tidbits		N/A	Yes	Within 7 days of pick up
Applesauce		N/A	Yes	Within 7 days of pick up
Peach Cups		N/A	Yes	Within 7 days of pick up
Orange Juice		N/A	Yes	Within 7 days of pick up
Apple Juice		N/A	Yes	Within 7 days of pick up
Milk				
Food Item	Heating Instructions	Allergens	Refrigeration	Consume or Discard by
Low Fat White Milk		Milk	Yes	By the package date
Fat Free White Milk		Milk	Yes	By the package date